

**Burns can result in long and painful rehabilitation!**



- 1 Do not carry hot containers.**
- 2 Use oven gloves.**
- 3 Keep floors and access routes clear.**
- 4 Don't reach across hot surfaces.**
- 5 Open lids away from you.**
- 6 Observe 'Caution hot' signs.**
- 7 Lower food into hot fat slowly.**



Name	Signature	Date	Name	Signature	Date